

## Webinar Series of 21 Days (1<sup>st</sup> June -21<sup>st</sup> June, 2021)

### Day-1



School of Yoga and Naturopathy, Shoolini University is organizing the webinar series for 21 days from 1st June to 21st June, 2021 on the occasion of 7th International day of Yoga with the theme of “Health and Happiness”. By the 1st June, Inaugural session was conducted and the Keynote Speaker was Dr. Rajiv Saizal, Honourable Health Minister, Himachal Pradesh.

The welcome note was presented by Chancellor of Shoolini University, Prof. P.K Khosla. He started his talk with sharing his knowledge on Yoga. He is a disciple of Swami Paramahansa Yogananda and practicing Kriya Yoga for 29 years.

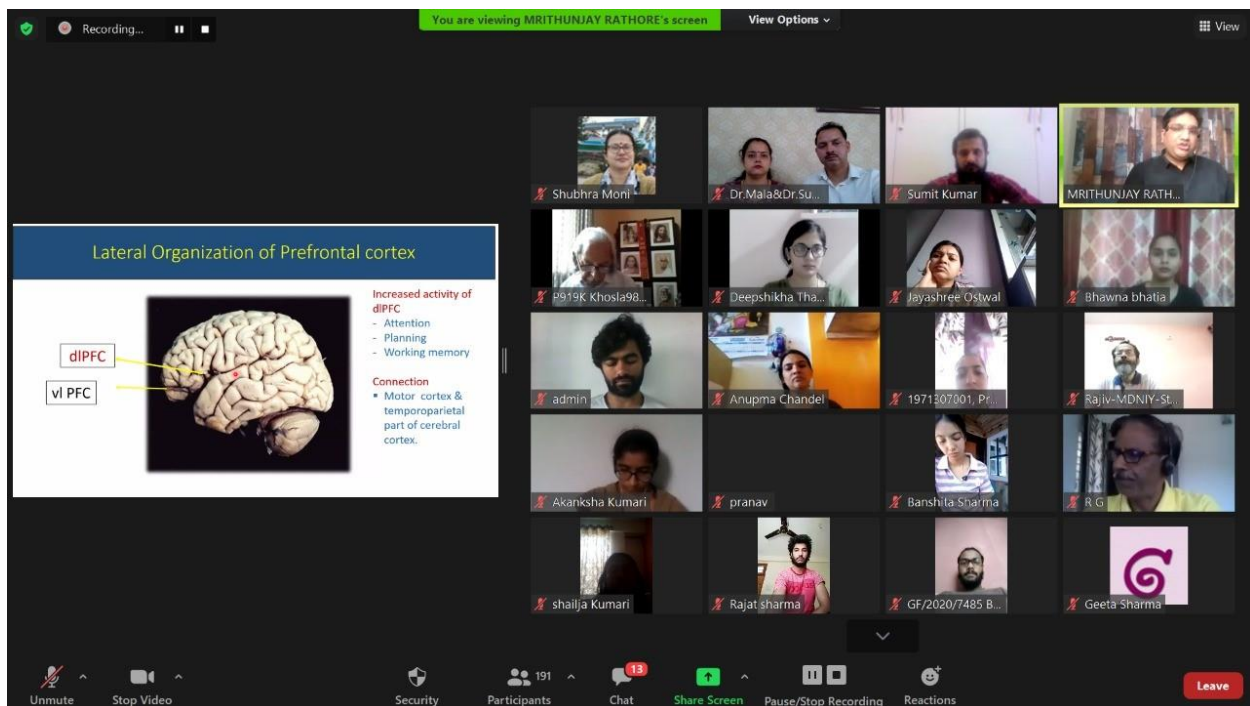
Thereafter, Yoga demonstration presented by Miss Debolina Biswas, M.Sc Yoga and Miss Nikita, B.Sc Yoga. And then, Virtual inauguration had been done by Hon’ble Health Minister, Dr. Rajiv Saizal. He addressed the audience on International day of Yoga. He shared his vision that Yoga is the way know yourself and it is the journey from outer to inner self. He emphasizes on Ashtang Yoga and described the concept of Bahiranga (Yama, Niyama, Asana, Pranayama, Pratyahara ) and Antarang Yoga ( Dharana, Dhyana and Samadhi ). He described the journey of yoga from vedic period to this contemporary era.

Later the Pro- Chancellor, Shoolini University, Mr Vishal Ananda delivered his remarks on International day of Yoga. He also addressed that Shoolini University put efforts to fight with Covid 19 pandemic by establishment of 100 beds Covid care center by collecting the fund of 1 crore.

And, Chancellor, Shoolini University, Prof. DR. P.K Khosla also described the establishment of AYUSH wellness center at Shoolini University where Yoga, Ayurveda and Naturopathy will be setup.

Then, Formal vote of Thanks was given by Mr. Vishal Ananda. The closing remark was presented by Head, School of Yoga and Naturopathy, Associate Professor, Dr. Subodh Sourabh Singh. The webinar was coordinated by Assistant Professor, Dr. Mala Tripathi. The event was conducted online through Zoom and around 400+ attendees attended the webinar.

## Day-2



The screenshot displays a Zoom webinar interface. On the left, a slide titled "Lateral Organization of Prefrontal cortex" is visible. The slide features a lateral view of a human brain with two regions highlighted: the dorsal lateral prefrontal cortex (dlPFC) and the ventrolateral prefrontal cortex (vlPFC). To the right of the brain image, the text reads: "Increased activity of dlPFC" followed by a list: "- Attention", "- Planning", "- Working memory". Below this, it states "Connection" and lists: "• Motor cortex & temporoparietal part of cerebral cortex." The main part of the screen is a grid of 20 video thumbnails of participants. At the top, a status bar indicates "Recording..." and "You are viewing MRITHUNJAY RATHORE's screen". At the bottom, the Zoom control bar shows options like "Unmute", "Stop Video", "Security", "Participants" (191), "Chat" (13), "Share Screen", "Pause/Stop Recording", "Reactions", and a "Leave" button.

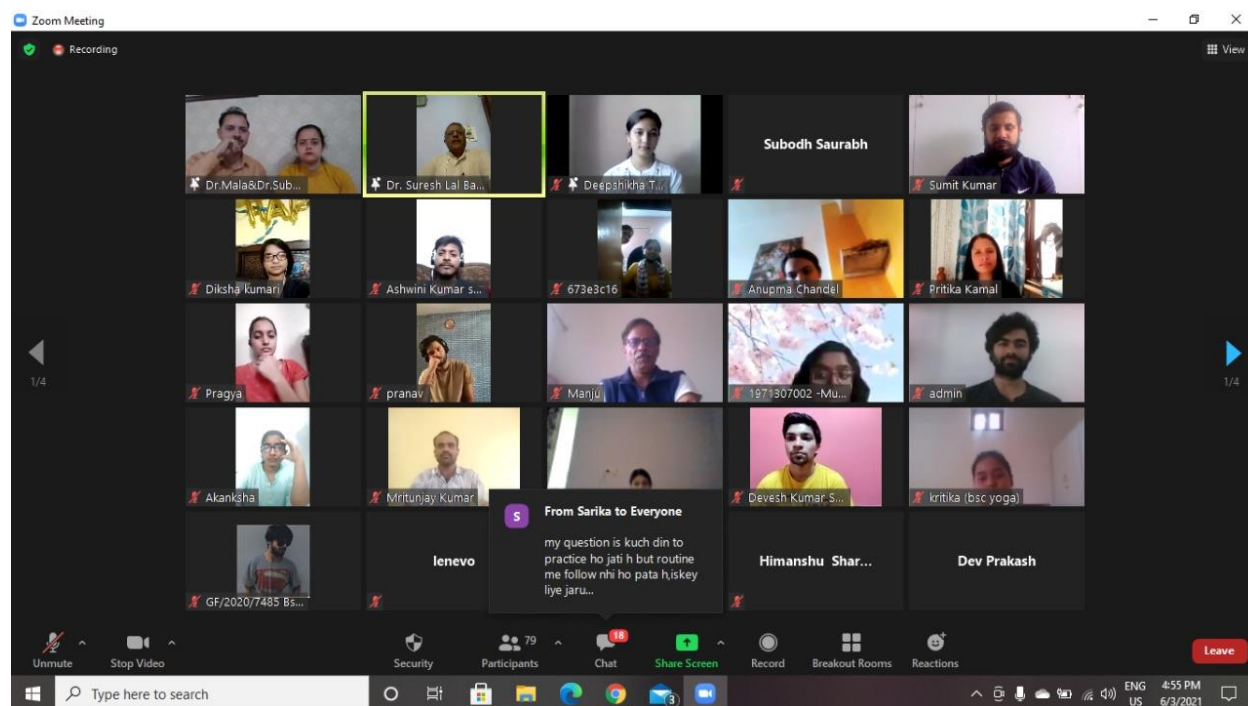
By the 2<sup>nd</sup> June, webinar on “Effect of Meditation on Performance” was conducted and the Keynote Speaker was Associate Professor Dr. Mrithunjay Rathore (MBBS, MS, MNAMS), AIIMS, Raipur, Chattisgarh.

The welcome note was presented by Chancellor of Shoolini University, Prof. P.K Khosla. He shared his valuable experience of 2 decades of his meditation practice. He emphasized on areas of collaboration between AIIMS and Shoolini University. He delivered the deep meaning of Mediation that it is praying to God to make ourselves truthful and happy.

Thereafter, Associate Professor Dr. Mrithunjay Rathore delivered his lecture on “The effect of Meditation on Prefrontal Cortex and its functional relevance”. He explained the various styles of meditation such as Focus Attention Meditation, Open Monitoring Meditation and Compassion Meditation and their significance on Prefrontal activation with possible clinical relevance, resulting in bringing positivity and happiness in the life of practitioner. He also emphasized on regular practice of Meditation for better effects on attention, performance. At the end of his lecture, he appropriately and precisely answered the queries of attendees.

Then, Formal vote of Thanks was given by Head, School of Yoga and Naturopathy Associate Professor Dr. Subodh Sourabh Singh. The webinar was coordinated by Assistant Professor, Dr. Mala Tripathi. The event was conducted online successfully through Zoom and around 70 + attendees attended the webinar.

### Day-3



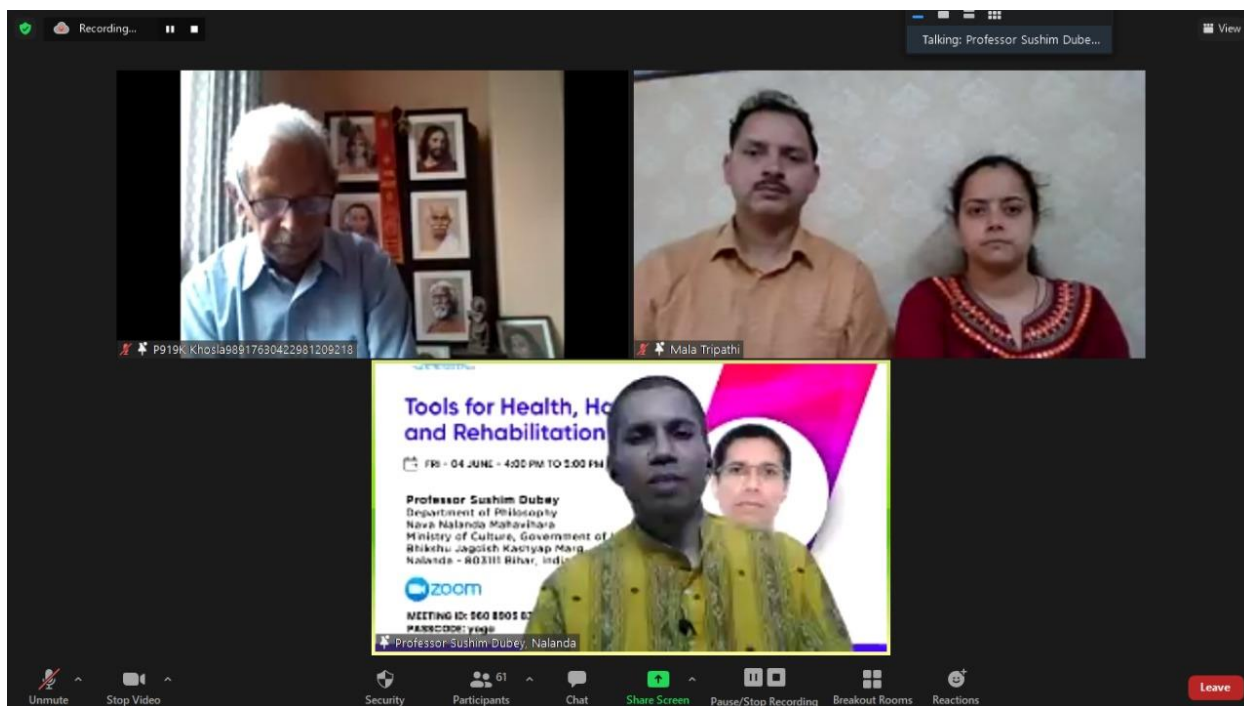
By the 3<sup>rd</sup> June, webinar on “Yogic Lifestyle for Youth” was conducted and the Keynote Speaker was Professor Dr. Suresh Lal Barnwal, Head Department of Yogic Science & Human Consciousness, Dean, School of Indology, Dean, Faculty of Yoga and Health, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand.

The session was started with Mantra chanting by Assistant Professor Miss. Deepshika Thakur. The welcome note was presented by Chancellor of Shoolini University, Prof. P.K Khosla. He addressed

the importance of Meditation for a healthy lifestyle and its significance to maintain the oxygen level in our body. He also emphasized on good deeds to live a healthy life.

While addressing the students and faculty members of Shoolini University, Professor (Dr.) Suresh Lal Barnwal, said that Yoga gives the ability to cope with the situations and to get rid-off all the sufferings. Yoga spreads the positivity around you that removes the frustration and it helps in purification, rejuvenation and transformation. He encouraged the youth for social welfare by giving its importance in their own life. In addition, he described the importance of Dincharya, Pranayama, Silence, Araadhana, Upasana and Sadhana in daily life and recommended the youth for doing such practices that lead to conservation of energy. The webinar concluded with the closing remark by the Head, School of Yoga and Naturopathy Associate Professor Dr. Subodh Sourabh Singh. The webinar was co-ordinated by Assistant Professor, Dr. Mala Tripathi.

## Day-4



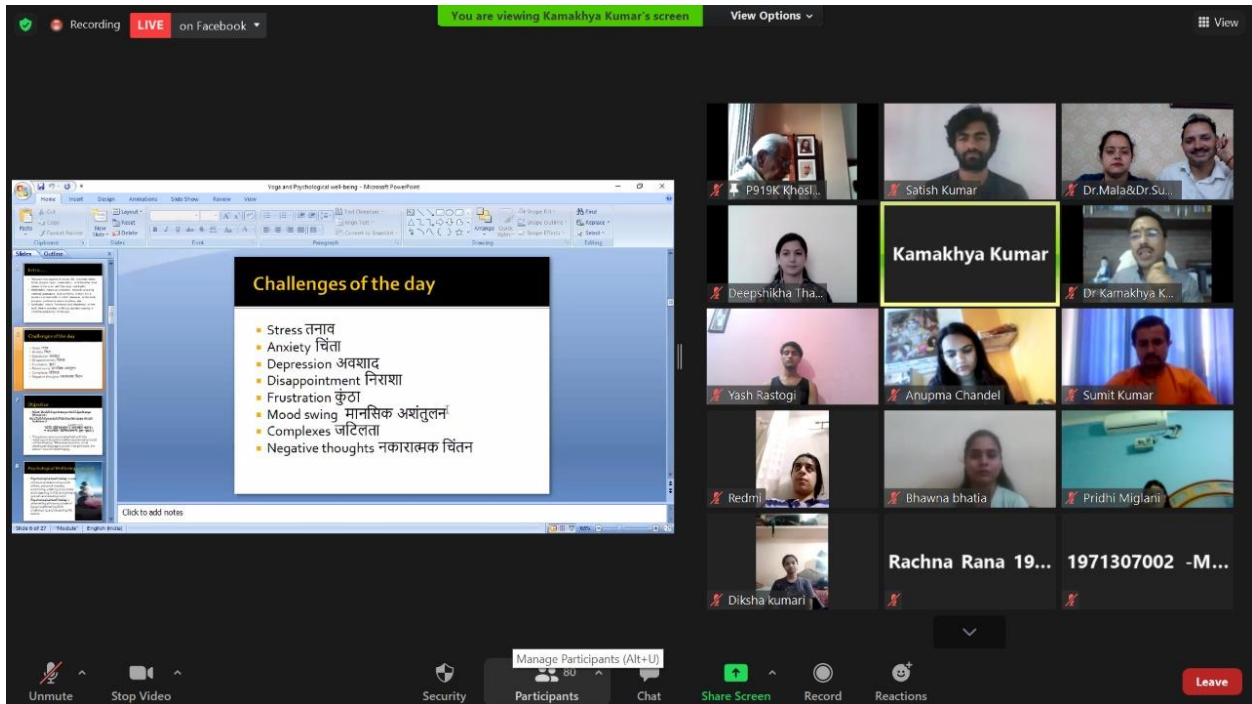
By the 4<sup>th</sup> June, webinar on “Tools for Health, Happiness and Rehabilitation” was conducted and the Keynote Speaker was Professor Dr. Sushim Dubey, Department of Philosophy Nava Nalanda Mahavihara, Ministry of Culture, and Government of India.

The session was started with Mantra chanting by Assistant Professor Miss. Bhawna. The welcome note was presented by Chancellor of Shoolini University, Prof. P.K Khosla. He addressed his

audience and shared his views about Nalanda University and their ancient literatures. He considered Yoga as an ancient tradition.

Hereinafter, Professor. Dr. Sushim Dubey, delivered his lecture on “Health and Rehabilitation”. He started his talk with defining the actual meaning of health and Rehabilitation. He gave closer attention to Swasthya in all the three aspects physical, mental and spiritual. He emphasized on physical healing and importance of it. He said negotiation of physical health leads to deterioration of immunity that causes disease. Furthermore, he advocated to unite with higher consciousness to get benefits of good health, happiness and rehabilitation. The webinar concluded with the closing remark by the Head, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was coordinated by Assistant Professor, Dr. Mala Tripathi

## Day – 5



By the 5<sup>th</sup> June, the Keynote Speaker was Associate Professor Dr. Kamakhya Kumar, Head, Department of Yogic Studies, Uttarakhand Sanskrit University, Haridwar, Uttarakhand.

The session was started with Mantra chanting by Assistant Professor Mr. Sumit Kumar. The welcome note was presented by Chancellor of Shoolini University, Prof. P.K Khosla. He gave prominence to controlling the mind by the Yoga practices.

Hereinafter, Associate Professor. Dr. Kamakhya Kumar, delivered his lecture on “Psychological Well-being through Yoga”. He spoke about the importance of psychological well-being that leads

to live healthier and longer lives. In addition, psychological well-being tends to predict higher earnings and more pro-social behavior. Also, he gave the relevance of Shrimad Bhagwad Gita on psychological well-being and How to deal with all the psychological challenges such as Frustration, Depression, Stress, Anger etc with the help of Yoga. The webinar concluded with the closing remark by the Head, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was coordinated by Assistant Professor, Dr. Mala Tripathi.

## Day-6

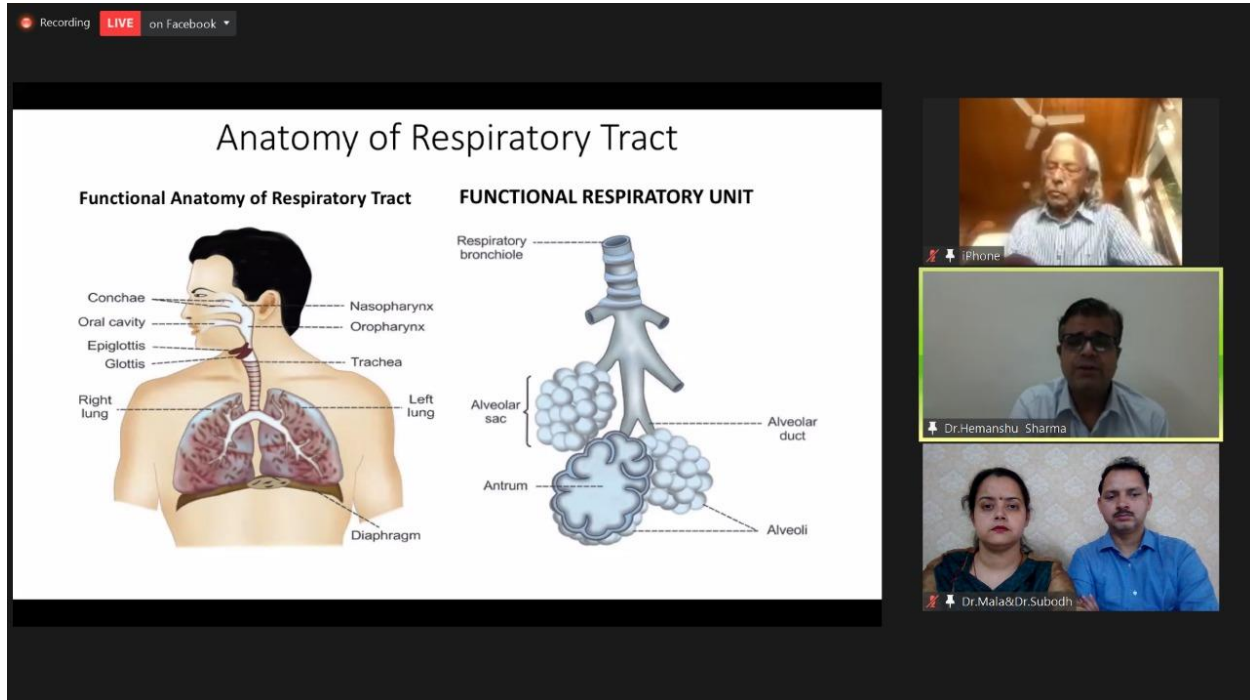


By the 6<sup>th</sup> June, the Keynote Speaker was Dr. Ajeet Tiwari (Nadi Vaidhaya & Panchakarma Specialist), Ayurvedic Medical Officer, Uttarakhand, India.

The session was started with Mantra chanting by Research Associate, Miss.Suman Rawat. The welcome note was presented by Chancellor of Shoolini University, Prof. P.K Khosla.

Hereinafter, Dr. Ajeet Tiwari delivered his lecture on “Aurvedic Principles for Healthy Living”. He spoke about the significance of Ayurveda with its significance in daily living. Ayurveda theory belief on Tri-dosha theory as well. In continuation, he explained the concept of diet and it's important for daily living. The webinar concluded with the vote of thanks and closing remark by the Head, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was coordinated by Assistant Professor, Dr. Mala Tripathi

## Day – 7

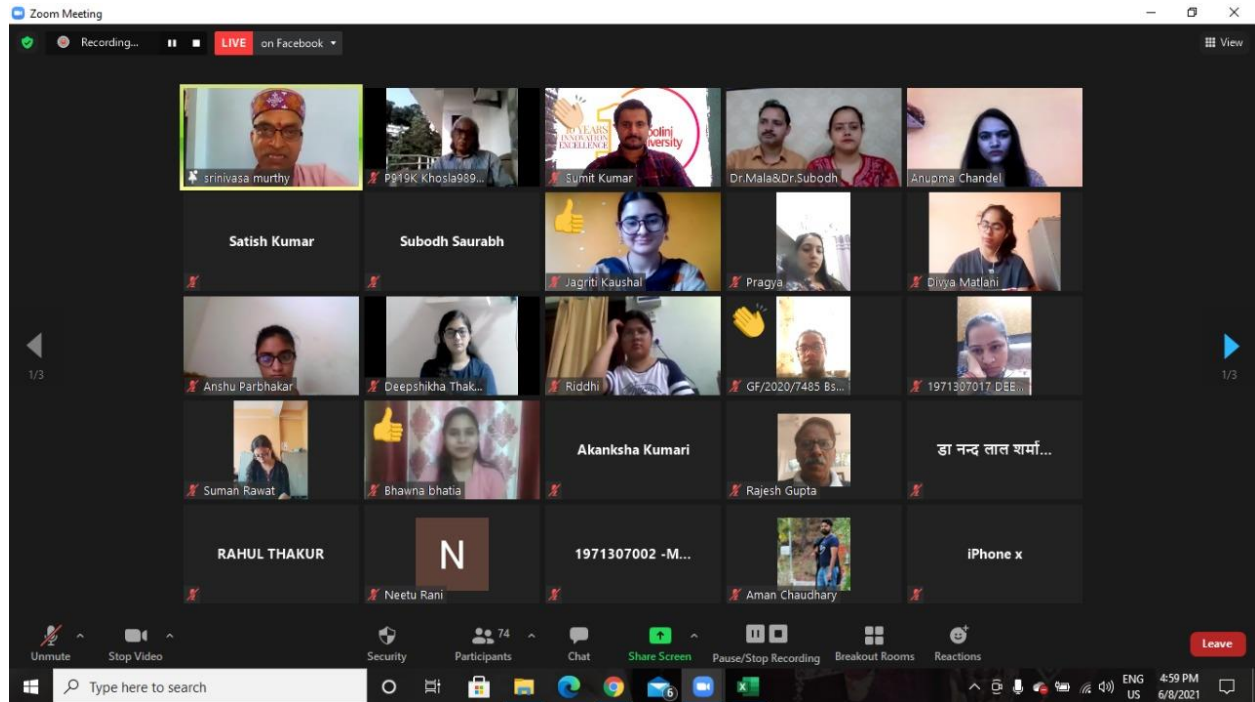


By the 7<sup>th</sup> June, the Keynote Speaker was Professor Dr. Hemanshu Sharma, Principal, Sant Hirdaram Medical College of Naturopathy and Yogic Sciences (SHMCNYS), Bhopal.

The session was started with Mantra chanting by Assistant Professor Dr. Mala Tripathi. The welcome note was presented by Chancellor of Shoolini University, Prof. P.K Khosla. He spoke about basic 5 elements of Naturopathy i.e Ether, Air, Fire, Water, Earth which all together compose the body. Also, he acknowledged the weightage of Yoga, Ayurveda and Naturopathy in Indian System of Medicine.

Hereinafter, Professor. Dr. Hemanshu Sharma, delivered his lecture on “Improving Lung Function through Naturopathy”. He described the concept of Health and Disease according to Naturopathy and the effects of violation of Nature’s Laws which inhibit the normal function and promote the destruction of living tissues. Also, he addressed on the Naturopathy treatment for Improving Lung function that helps in improving mucosal immunity and innate immunity, reducing stress and improving sleep. He also emphasized on the Yogic diet for better lifestyle. The webinar concluded with the closing remark by the Head, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was coordinated by Assistant Professor, Dr. Mala Tripathi.

## Day – 8



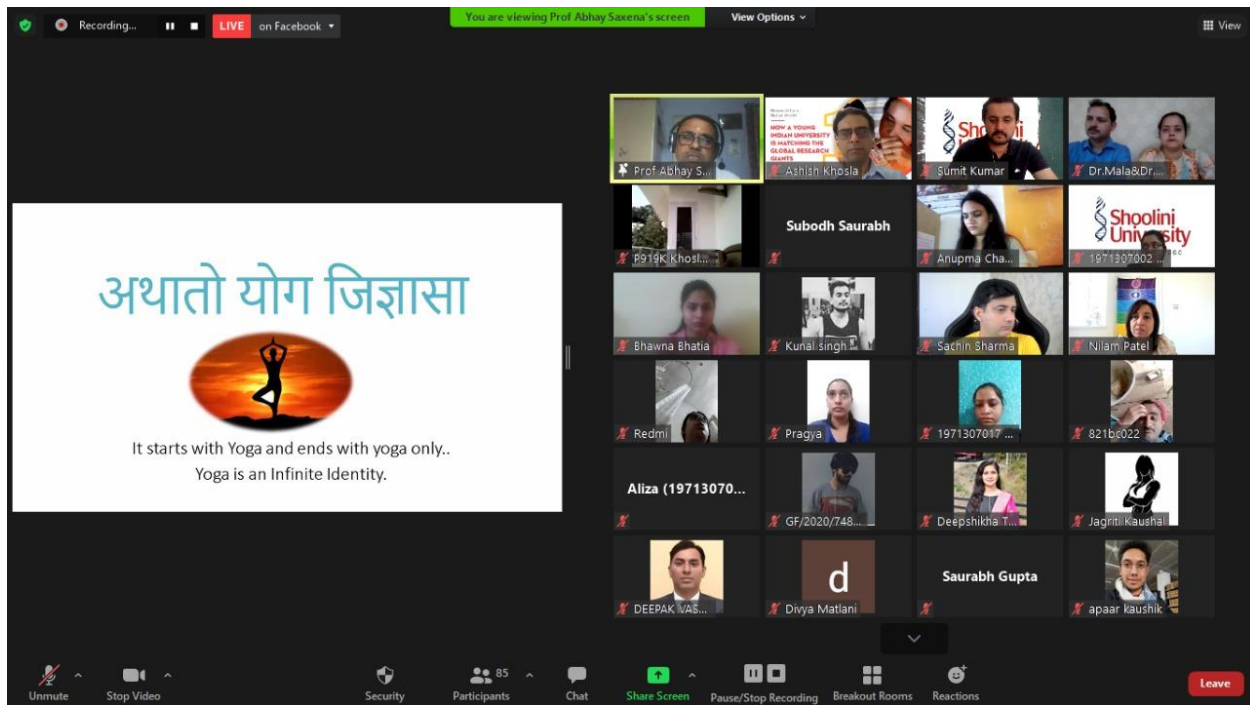
By the 8<sup>th</sup> June, the Keynote Speaker was Mr. Shrinivas Murthy, Founder, Yog Bharti, Himachal Pradesh.

The session was started with Mantra chanting by Assistant Professor Miss. Anupama Chandel. The welcome note was presented by Chancellor of Shoolini University, Prof. P.K Khosla.

Hereinafter, Mr. Shrinivas Murthy delivered his lecture on “Koshas and Yogic Mudra”. He spoke about the significance of Yoga on Panchkoshas (Annamaya, Pranamaya, Manomaya, Vigyanamaya and Anandamaya). He emphasized on Ahara or moderate diet to maintain the Annamaya kosha that leads to balance all the koshas successively. In continuation, he explained the relation between Panchmahabhutas and their relative Mudras with their significance. The webinar concluded with the vote of thanks and closing remark by the Head, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was coordinated by Assistant Professor, Dr. Mala Tripathi.



## Day-9

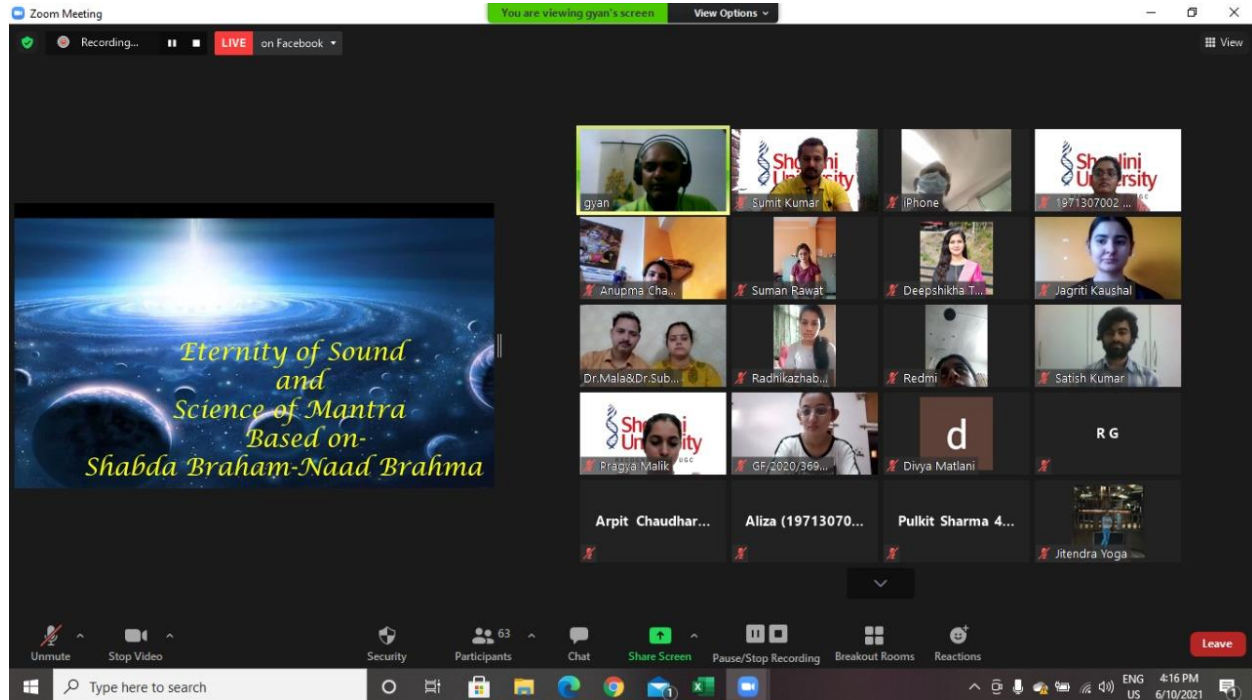


By the 9<sup>th</sup> June, webinar on “Role of Artificial Intelligence in Emergence of Virtual Yoga” was conducted and the Keynote Speaker was Professor Ahbhay Saxena, Dean, School of Technology, Management and communication, Dev Sanskriti Vishwavidyalaya, Haridwar, Utrkhand.

The session was started with Mantra chanting by Assistant Professor Dr. Mala Tripathi. The welcome note was presented by Vice president, with leading Bank in U.A.E. Mr. Ashish khosla. Patron of Shoolini University, Chancellor Prof. P.K Khosla also addressed his audience and shared his vision on the theme.

Hereinafter, Prof. Ahbhay Saxena delivered his lecture on “Role of Artificial Intelligence in Emergence of Virtual Yoga. He described the concept of artificial intelligence and laws of happiness. He emphasized on the databases by which thorough knowledge of the scriptures can be aggregated completely. In continuation, he explained the relation between Artificial intelligence and virtual yoga platform with their significance. The webinar concluded with the vote of thanks by Mr. Ashish khosla. The closing remark was presented by the Head, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was co-ordinated by Assistant Professor, Dr. Mala Tripathi.

## Day – 10



By the 10<sup>th</sup> June, webinar on “Eternity of Sound and Science of Mantra” was conducted and the Keynote Speaker was Dr. Gyaneshwar Mishra (MBBS & MD), Consultant at Department of Complimentary & Alternative Medicine, Dev Sanskriti Vishwavidyalaya, Utrakhand, India.

The session was started with Mantra chanting by Assistant Professor Dr. Mala Tripathi. The welcome note was presented by Ex IAS, Motivational Speaker and Author Mr Vivek Atray. He said through the practice of Yoga it’s an opportunity to go in depth of devotion. Also, he addressed that in the pursuit of mantra chanting so many people come together and unite with supreme consciousness. Patron of Shoolini University, Chancellor Prof. P.K Khosla also addressed his audience and shared his vision on the theme.

Hereinafter, Prof. Gyaneshwar Mishra delivered his lecture on “Eternity of Sound and Science of Mantra”. He started his lecture on different types of sound. He described the concept of Quantum Physics which reveals sub atomic particle and waves, which concluded whole universe is nothing but manifestation of Sound. In continuation he emphasized on the concepts of big- bang theory. Also, he addressed the contribution of Panini Philologist and philosopher Kanada who gave their valuable implications along with the significance of mantra chanting. The webinar concluded with the vote of thanks by Patron of Shoolini University, Chancellor Prof. P.K Khosla. The closing remark was presented by the Head, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was coordinated by Assistant Professor, Dr. Mala Tripathi with the help of backup team Mr. Sumit, Ms. Deepshika, Ms. Bhawna and Ms. Anupma Chandel.

## Day - 11

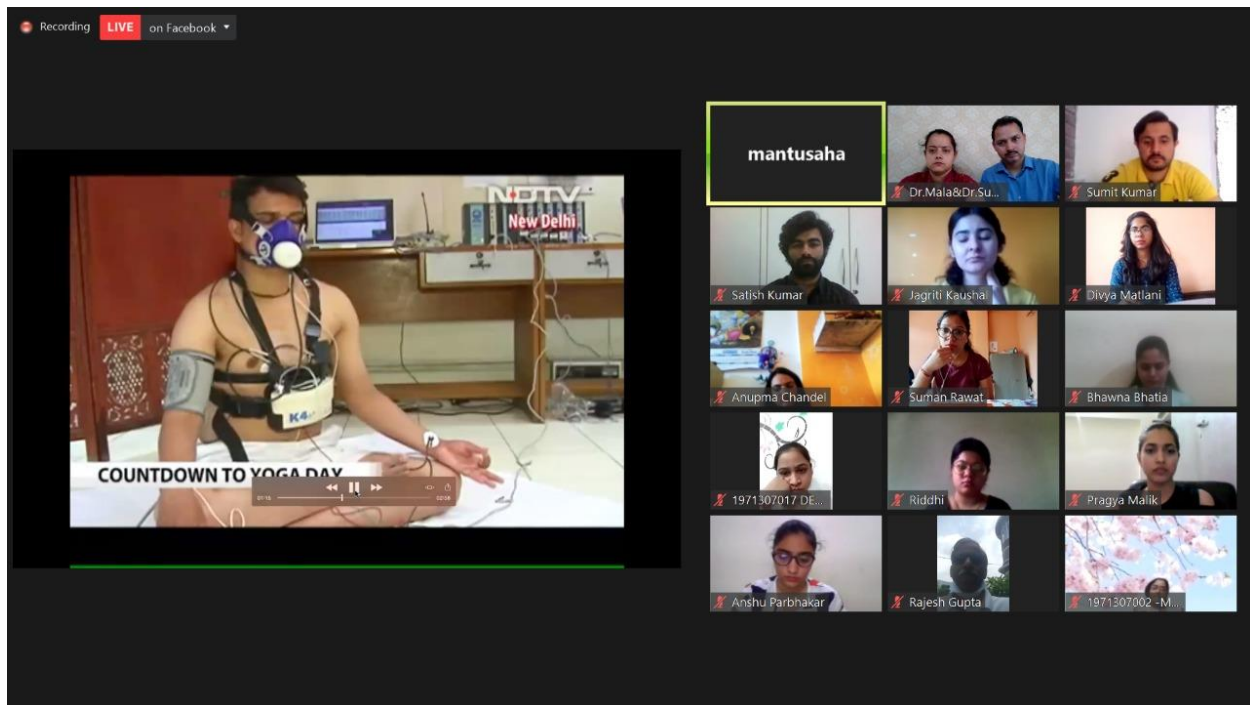


By the 11<sup>th</sup> June, webinar on “Yoga for Health and Happiness” was conducted and the Keynote Speaker was Dr. Jay Prakash Narayana Mishra, Registrar, National Institute of Pharmaceutical Education and Research (NIPER) Hyderabad, India.

The session was started with Mantra chanting by Research Associate Ms. Suman Rawat. The welcome note was presented by HOS, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh on the behalf of Parton of Shoolini University, Chancellor Prof. P.K Khosla.

Hereinafter, Prof. Jay Prakash Narayana Mishra delivered his lecture on “Yoga for Health and Happiness”. He discussed about the meaning of Health and happiness. He stated that health is nothing but a state of homeostasis and to maintain that stability body needs – Proper intake of food, proper environment to provide oxygen and Metabolism. In continuation he emphasized on the mental aspect along with homeostasis. Also, he addressed the various aspects of Yoga such as Social and Self constraints that should be followed in our daily lives. He also gave importance to Regular practice and detachment mentioned by Maharshi Patanjali. He concluded that the association between physical and mental body leads to Health and Happiness. The webinar concluded with the vote of thanks and closing remark was presented by the Head, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was co-ordinated by Assistant Professor, Dr. Mala Tripathi.

## Day-12

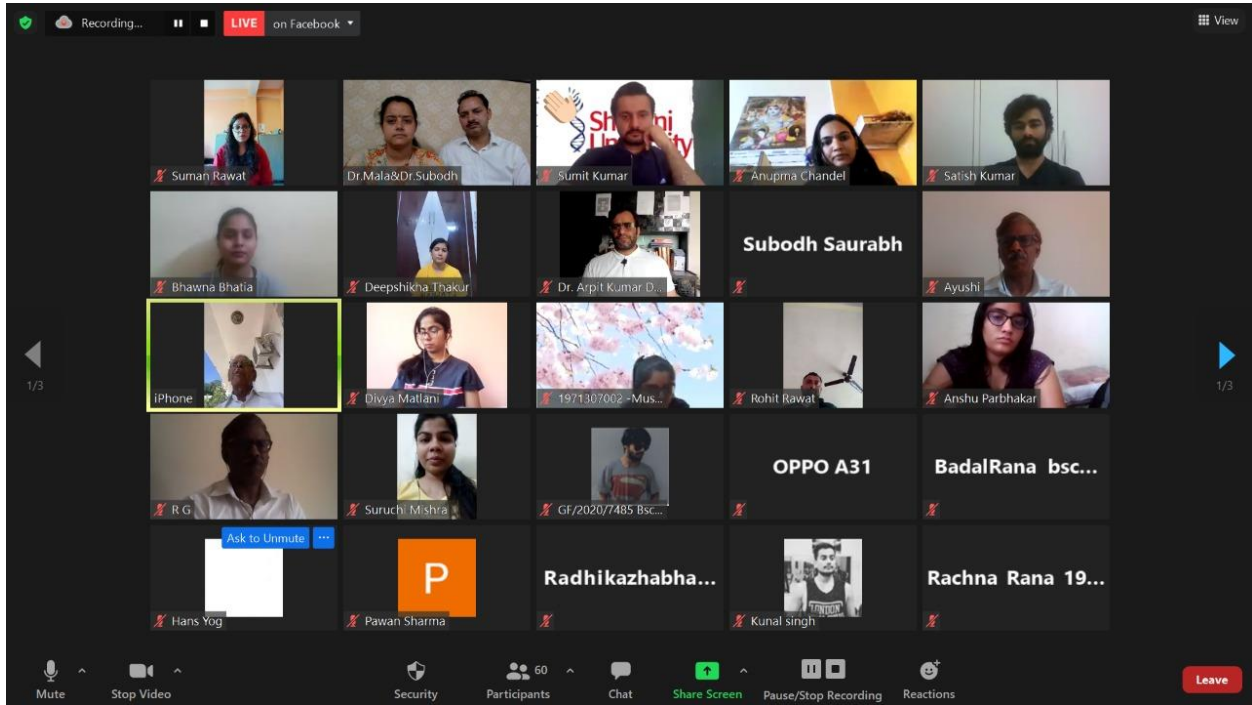


By the 12<sup>th</sup> June, webinar on “Yoga for Health and Happiness” was conducted and the Keynote Speaker was Dr. Mantu Saha, Scientist F, & Head, Exercise Physiology and Yoga Laboratory, Defence Institute of Physiology and Allied Sciences (DIPAS), DRDO, Ministry of Defence, Govt. of India.

The session was started with Mantra chanting by Research Associate Ms. Divya Matlani. The welcome note was presented by HOS, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh on the behalf of Patron of Shoolini University, Chancellor Prof. P.K Khosla.

Hereinafter, Dr. Mantu Saha delivered his lecture on “Science behind Yoga as a preventive Measure”. He discussed on the various aspects of Yoga such as cleansing practices, Postures, Breathing techniques and meditation which leads to maintain good health. Also, he addressed the involvement of DRDO research in the field of Yoga. In continuation, he emphasized on the biomechanics of Yoga with human anatomy and physiology. In conclusion Yoga has an effect on several systems of body and it’s very useful technique for maintaining the state of homeostasis. The webinar concluded with the vote of thanks by Patron of Shoolini University, Chancellor Prof. P.K. Khosla and closing remark was presented by the HOS, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was well co-ordinated by Assistant Professor, Dr. Mala Tripathi.

## Day – 13

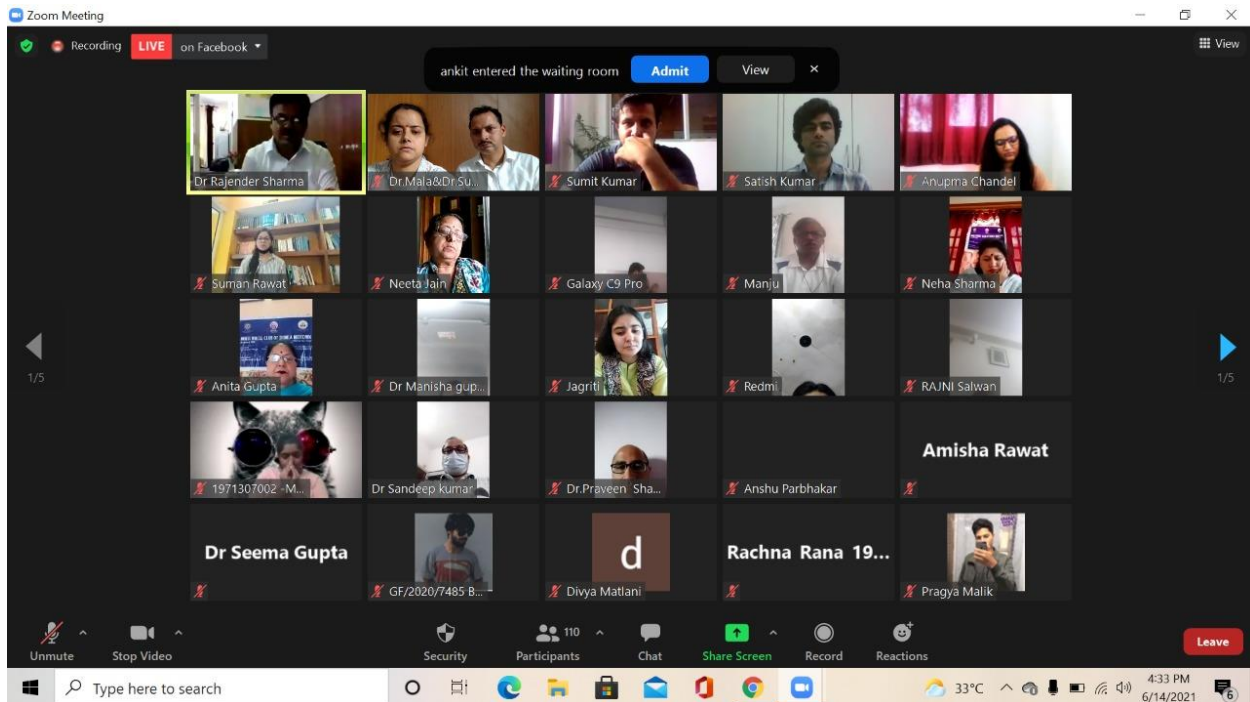


By the 13<sup>th</sup> June, webinar on “Yogavashishtha: A Practical Pathway for a blissful Life” was conducted and the Keynote Speaker was Dr. Arpit Kumar Dubey, Assistant Professor(Sanskrit), Morarji Desai National Institute of Yoga, Ministry of AYUSH, Govt. of India.

The session was started with Mantra chanting by Mr. Rajesh Gupta. The welcome note was presented by Patron of Shoolini University, Chancellor Prof. P.K Khosla. He spoke about the ancient literature such as Ramyana and Mahabharat which emphasized on Yoga. Also, he gave so much importance to Yoga which is a key to happiness and success in life.

Hereinafter, Dr. Arpit Kumar Dubey delivered his lecture on “Yogavashishtha: A Practical Pathway for a blissful Life”. He discussed about the meaning of Yogavashishta and stated the definition of blissful life. Also, he addressed the teachings of sage vashistha who emphasized on the psychological aspects i.e., world is the creation of mind, projection of mind and Prana gives stimulation to mind. In conclusion he explained six chapters of Yogavashishtha with their management principles of mind - Regular practice and detachment, breathing practices and knowledge. The webinar concluded with the vote of thanks and closing remark which was presented by the HOS, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was well coordinated by Assistant Professor, Dr. Mala Tripathi.

## Day-14



### Webinar on yogic pranayama

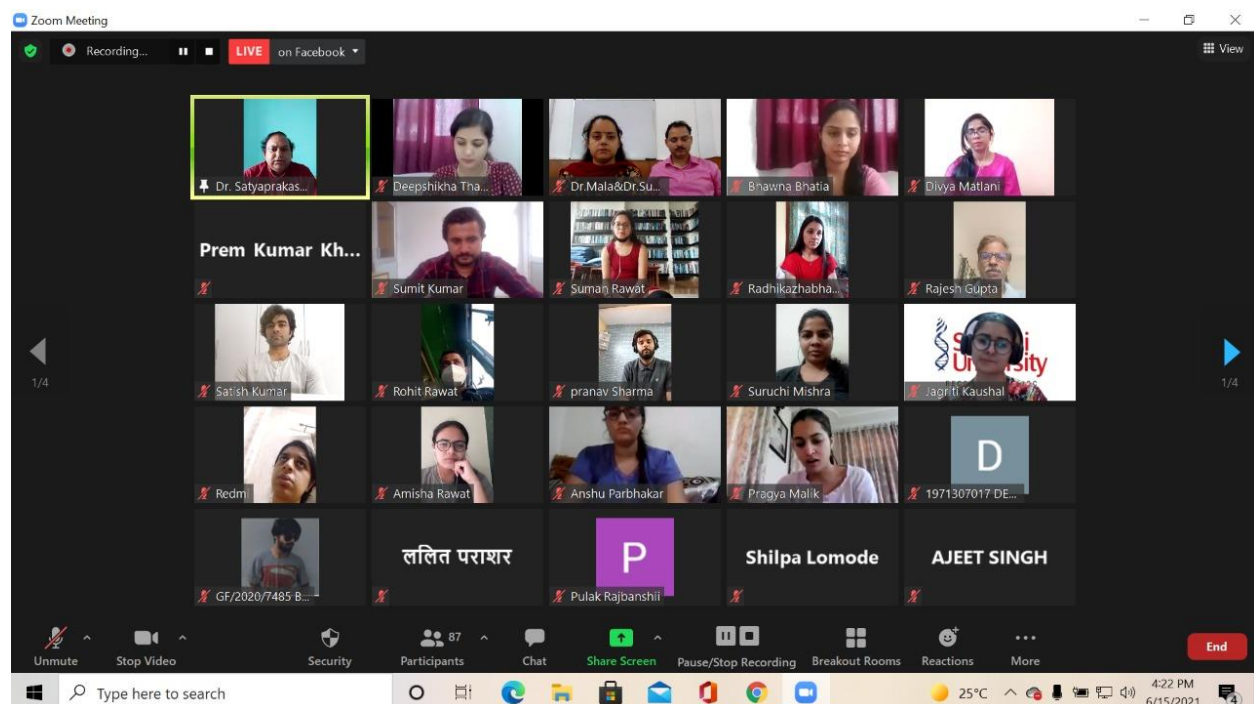
The School of Yoga at Shoolini University organised a webinar on the significance of ayurveda and yogic pranayama. It began with mantra chanting by Divya Matlani, a research associate. Chancellor, Shoolini University, Prof PK Khosla, delivered a welcome speech. Dr Rajendra Sharma, District Ayurveda Officer, spoke on the “Significance of ayurveda and yogic pranayama on our body systems”. He explained the concepts of ‘tri-doshas’ and ‘saptadhatu’. He emphasised on the four pillars of ayurveda that lead to healthy and happy life ie ‘ahara’, ‘vihara’, ‘achara’ and ‘vichara’. “A healthy individual having right faith, attitude, knowledge and hardwork can achieve success in life,” he concluded.

School of Yoga and Naturopathy, Shoolini University is organizing the webinar on the occasion of 7<sup>th</sup> International day of Yoga with the theme of “Health and Happiness”. By the 14<sup>th</sup> June, webinar on “Significance of Ayurveda and Yogic Pranayama on our body systems” was conducted and the Keynote Speaker was Dr. Rajendra Sharma, District Ayurvedic officer- Solan, Department of AYUSH, Himachal Pradesh Government.

The session was started with Mantra chanting by Research Associate Ms. Divya Matlani. The welcome note was presented by Patron of Shoolini University, Chancellor Prof. P.K Khosla. He addressed his audience and shared his vision on the theme that Ayurveda is a holistic approach which forms a wise and healthy individual.

Afterwards, Dr. Rajendra Sharma delivered his lecture on “Significance of Ayurveda and Yogic Pranayama on our body systems”. He described the meaning and aims of Ayurveda First, to preserve the health of healthy people and second, to treat illness and disease. He explained the concepts of Tri-doshas and Saptadhatu. Also, he emphasized on the four pillars of Ayurveda which leads to healthy and happy life i.e Ahara, Vihara, Achara, Vichara. In continuation he described the importance of pranayama to bring all the body systems in equilibrium with proper coordination among them. He concluded his talk with the statement - “A healthy individual having Right Faith, Attitude, Knowledge and Hard-work can achieve success in life”. The webinar concluded with the vote of thanks and closing remark was presented by the Head, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was coordinated by Assistant Professor, Dr. Mala Tripathi with their back-up team – Ms. Bhawna, Ms. Anupama, Mr Sumit and Mr. Satish.

## Day-15

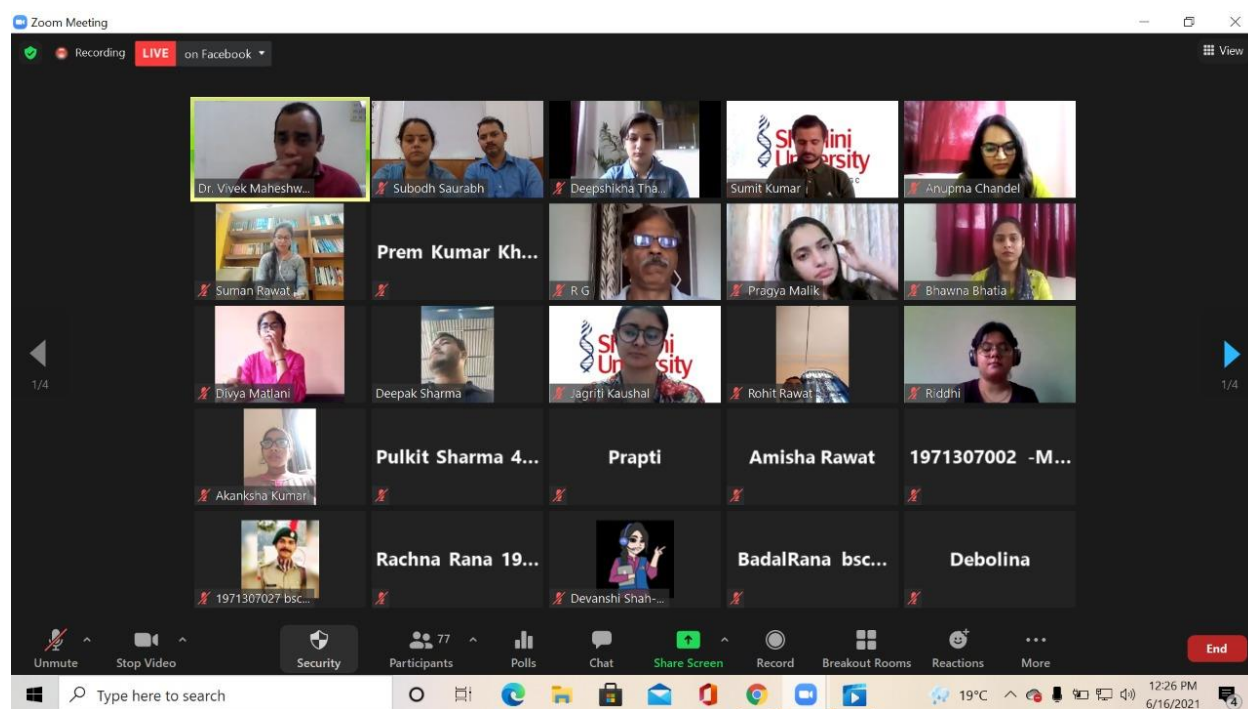


School of Yoga and Naturopathy, Shoolini University is organizing the webinar on the occasion of 7<sup>th</sup> International day of Yoga with the theme of “Health and Happiness”. By the 15<sup>th</sup> June, webinar on “Significance of Abhyasa and Vairagya for Happiness” was conducted and the Keynote Speaker was Dr. Satya Prakash Pathak, Assistant Professor, Department of Yogic Studies, Himachal Pradesh University.

The session was started with Mantra chanting by Research Associate Ms. Divya Matlani. The welcome note was presented by Patron of Shoolini University, Chancellor Prof. P.K Khosla addressed his audience and shared his vision on the theme.

Afterwards, Dr. Satya Prakash Pathak delivered his lecture on “Significance of Abhyasa and Vairagya for Happiness”. He described the Abhyasa and vairagya sutra of Sage Patanjali. He emphasized on various tools by using the technique of regular practice and detachment which leads to happiness. The webinar concluded with the vote of thanks and closing remark was presented by the Head, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was co-ordinated by Assistant Professor, Dr. Mala Tripathi with their back-up team – Ms. Anupama, Ms. Deepshika, Ms. Suman and Mr Rajesh.

## Day- 16





By the 16<sup>th</sup> June, webinar on “How to boost Psycho Immunity” was conducted and the Keynote Speaker was Dr. Vivek Maheshwari, Associate Professor Dept. of Ashtang Yoga, Lakulish Yoga University Ahmedabad, Gujara

The session was started with Mantra chanting by Research Associate Ms. Sumit Kumar. The welcome note was presented by Prof. P.K Khosla Hon’ble Chancellor, Shoolini University.

Dr. Maheshwari explained many tools to become fit and healthy. He explained how conscious we are and said Yoga Nidra is best for mind, and discussed that our kids are also facing stress, anxiety and tension. He discussed about Purushartha Chatustaya and Anu vrat and also provide many tricks to keep our mind relax and calm.

The webinar concluded with the closing remark was presented by Dr. Mala Tripathi, Assistant Professor and Vote of thanks delivered by the Head, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh.

## Day -17



By the 17<sup>th</sup> June, webinar on “Eternity of Sound and Science of Mantra” was conducted and the Keynote Speaker was Prof. Gyaneshwar Mishra, MBBS & MD Physician, Consultant at Department of Complimentary & Alternative Medicine, Dev Sankriti University, Utrrakhand, India.

The session was started with Mantra chanting by Assistant Professor Ms. Deepshika Thakur. The welcome note was presented by HOS, School of Yoga and Naturopathy Associate Professor Dr.

Subodh Saurabh Singh on the behalf of Patron of Shoolini University, Chancellor Prof. P.K Khosla.

Afterwards, Prof. Gyaneshwar Mishra, delivered his lecture on “Eternity of Sound and Science of Mantra”. He stated that chanting of the mantra with full of emotions bring positive effect. Also, he addressed that Music is way to connect with god. He emphasized on the different types of chanting and effectiveness of mantra. He discussed about the major parts of the brain with their hormonal regulation. The webinar concluded with the vote of thanks and closing remark was presented by the HOS, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was well co-ordinated by Assistant Professor, Dr. Mala Tripathi.

## Day – 18



By the 18<sup>th</sup> June, webinar on “Principles of Naturopathy for Heathy Living” was conducted and the Keynote Speaker was Professor and Head, Dr. Saraswati Kala, Department of Yoga, Dean Humanities and Social Science, SGRR University, Dehradoun, Uttrakhand, India.

The session was started with Mantra chanting by Research Associate Mr. Satish Kumar. The welcome note was presented by HOS, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh on the behalf of Patron of Shoolini University, Chancellor Prof. P.K Khosla.

Afterwards, Professor, Dr. Saraswati Kala, delivered her lecture on “Principles of Naturopathy for Healthy Living”. She stated that Naturopathy is not only therapy but a part of lifestyle. Also, she

gave the importance on the equilibrium of Panchtattva and she also addressed that the cause of all disease or disorders is one i.e Toxins and Prakriti or Panchtattva only heal all the disease. Along with the Naturopathy she emphasized on Ahara or proper diet and Vihara or Recreational activity and Yoga that are very beneficial for a better lifestyle. The webinar concluded with the vote of thanks and closing remark was presented by the HOS, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was well coordinated by Assistant Professor, Dr. Mala Tripathi

## Day – 19



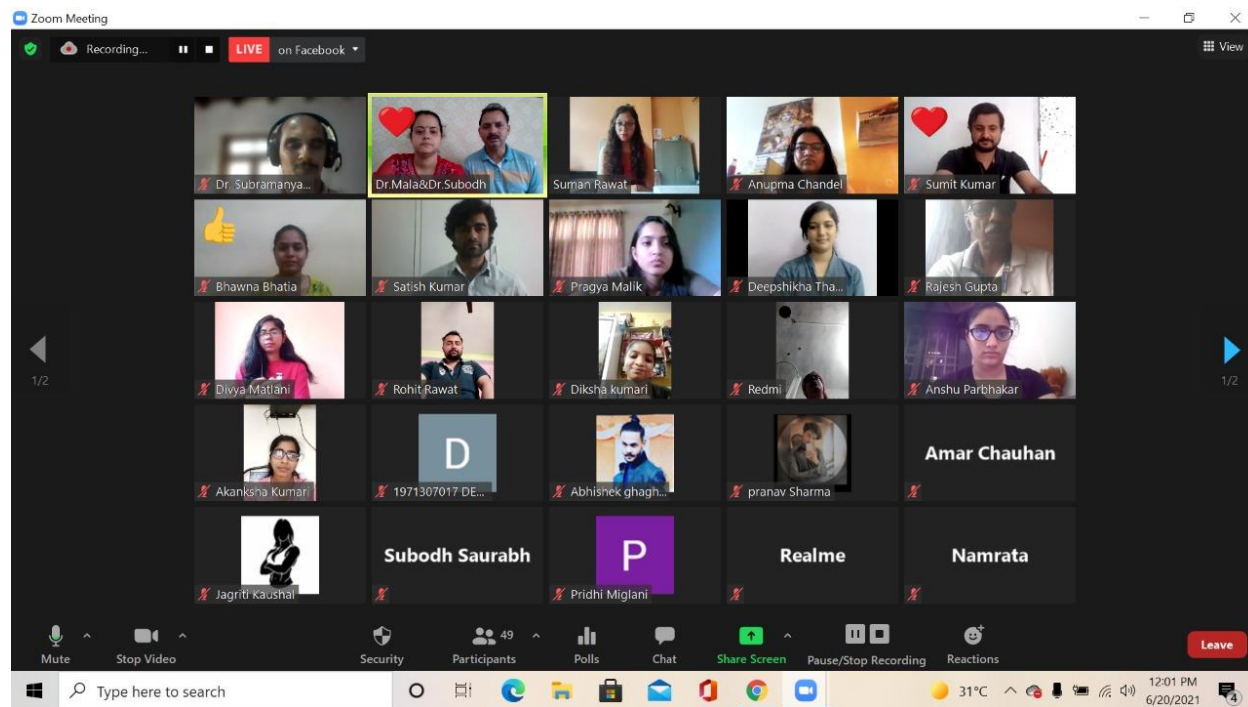
By the 19th June, webinar on “Principles of Bhagwad Gita for Mental Health” was conducted and the Keynote Speaker was Professor N.V Raghuram, Founding member of the S-Vyasa Yoga University, Bengaluru and Founder Chairman and Spiritual Guide of Yoga Bharti USA.

The session was started with Mantra chanting by Assistant Professor Ms. Bhawna Bhatia. The welcome note was presented by HOS, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh on the behalf of Patron of Shoolini University, Chancellor Prof. P.K Khosla.

Afterwards, Professor N.V. Raghuram, delivered her lecture on “Principles of Bhagwad Gita for Mental Health”. He stated that Psychological problem leads to Physiological issues in our body and explained How Bhagwad Gita helps a common man to cope with the psychological issues. He

emphasized on another principles of Bhagwad Gita i.e Decision making quality to differentiate between Dharma and Adharma in our life. Also, he stated that we need to perform every action with strong dedication, responsibilities and eligibility to get rid off psychological issues and conflicts. The webinar concluded with the vote of thanks and closing remark was presented by the HOS, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was well coordinated by Assistant professor, Dr. Mala Tripathi.

## Day -20



By the 20<sup>th</sup> June, webinar on “Health and Happiness through Yoga” was conducted and the Keynote Speaker was Dr Subramanya Pailoor, Associate Professor& Head, Dept. of Yoga Studies, School of Medicine and Public Health, Central University of Kerala, Kasargod, India.

The session was started with Mantra chanting by Research Associate Ms. Suman Rawat. The welcome note was presented by HOS, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh on the behalf of Patron of Shoolini University, Chancellor Prof. P.K Khosla.

Afterwards, Dr Subramanya Pailoor delivered his lecture on “Health and Happiness through Yoga”. He discussed the concepts of Yoga along with their definitions. He stated that due to sedentary lifestyle and unhealthy food habits leads towards stress. He emphasized on the modern aspects of stress as well as the concept of Bhagvad Gita. In continuation he described that Yoga practices i.e Asana and Pranayama helps in calming and distressing the mind and body. In conclusion Yoga helps to fight oxidative stress which poses a risk to the healthy cells and develop

equilibrium of the body and mind. The webinar concluded with the vote of thanks and closing remark was presented by the HOS, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was well coordinated by Assistant Professor, Dr. Mala Tripathi with their back-up team Ms. Anupma, Ms. Deepshika, Ms. Bhawna, Mr. Sumit and Mr. Rajesh Gupta.

## Day-21

School of Yoga  
invites you to celebrate the

# 7th International Day of yoga

with a special webinar

## Understanding of Kriya Yoga

MON- 21 JUN- 11 AM TO 12 PM

zoom  
Meeting ID: 976 2563 6221  
Passcode: yoga

**Shoolini University**

**Prof. P.K. Khosla**  
SPEAKER  
Founder and Chancellor  
Shoolini University  
(Post Doc, Oxford University)

SCIMAGO INSTITUTIONS RANKINGS  
QS ASIAN UNIVERSITY RANKINGS  
**TOP 300 UNIVERSITY IN ASIA**  
QS Asian Rankings 2021

Zoom Meeting

Recording... LIVE on Facebook

Subodh Saura... Prem Kumar Kho... Bhawna Bhatia... JM Julka... poonam.hand... Anupma Cha...

Atul Khosla

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31°C 11:09 AM 6/21/2021

School of Yoga and Naturopathy, Shoolini University is organizing the webinar on the occasion of 7th International day of Yoga with the theme of “Health and Happiness”. By the 21st June, on INTERNATIONAL DAY OF YOGA, webinar on “Understanding of Kriya Yoga” was conducted and the Keynote Speaker was Professor P.K.Khosla, Founder and Chancellor, Shoolini University, Himachal Pradesh.

The session was started with Mantra chanting by Assistant Professor Ms. Bhawna Bhatia. The welcome note was presented by Vice- Chancellor Dr. Atul Khosla. He stated that Yoga is a direction for Healthy and happy life and peace can be felt and everybody can be united with each other with the help of Yoga.

Afterwards, Chancellor Dr. P.K. Khosla delivered his lecture on “Understanding of Kriya Yoga”. He explained about the science of Kriya Yoga how it rejuvenates the each cell of the body. Also, he stated Kriya Yoga is a Spinal breathing by making awareness on each plexus. He also emphasized on Karma theory that determines our destiny and by the practice of Kriya Yoga, one may destroy all sins and desires. The webinar concluded with the vote of thanks and closing remark was presented by the HOS, School of Yoga and Naturopathy Associate Professor Dr. Subodh Saurabh Singh. The webinar was well coordinated by Assistant Professor, Dr. Mala Tripathi.